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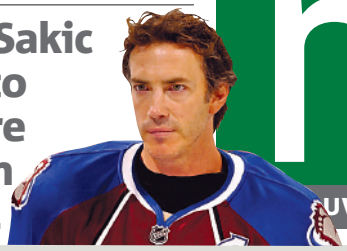
Sports pg 9

Joe Sakic set to retire from NHL



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Celebrity Buzz

Katie launches dance fund

pg 18

'Best father you could ever imagine'

CHILDREN In a memorial to Michael Jackson yesterday that featured superstars Mariah Carey and Stevie Wonder, the moment that may be best remembered came when his 11-year-old daughter Paris spoke a few heart-wrenching words.

Paris was quietly ushered onstage with her brothers as the nearly two-hour event wound down to the strains of Jackson's charity single We Are the World, then appeared to catch even members of her family off guard by addressing the hushed crowd at Staples Center in Los Angeles.

"I just want to say, ever since I was born, daddy has been the best father you could ever imagine, and I just wanted to say I love him so much," Paris said, sobbing.

To gasps from the throng of about 18,000 people, she then turned and buried her face in Janet Jackson's arms.

REUTERS

PHOTOS: MARK TERRILL-POOL/GETTY IMAGES

Paris Jackson, left, looks to the sky before taking to the microphone and giving an impassioned remembrance of her father Michael Jackson at his memorial yesterday. Mariah Carey, right, gave the opening performance at the ceremony with a sweet rendition of the Jackson 5's ballad I'll Be There.

Mourning Michael

Millions tune in to watch final farewell for legendary King of Pop

Mariah Carey, Stevie Wonder and Usher sang emotional farewells yesterday to Michael Jackson, who was hailed as "the greatest entertainer that ever lived."

Some 18,000 fans, family members and friends took part in a public memorial for Jackson in the Los Angeles sports arena where the singer had rehearsed the day before his death for a highly anticipated series of comeback concerts.

Jackson's brothers, each wearing a single sequined glove in homage to his signature look, carried the singer's golden casket into the downtown Staples Center. The two-hour memorial focused on Jackson's musical achievements, overshadowed in the last 10 years by the darker side of the singer's life, including his humiliating 2005 trial and acquittal on charges of child sex abuse.

Civil rights leader Rev. Al Sharpton, who has lashed out at media coverage of the bizarre aspects of Jackson's life, had a message for the singer's three children — Prince Michael, 12, Paris, 11, and Prince Michael II, 7.

"Wasn't nothing strange about your daddy. It was strange what your daddy had to deal with," he said to cheers.

Police estimated more than 250,000 people descended on the area while TV and online executives pegged the audience as "in the millions."

REUTERS

"Michael taught us to stand with each other."
Brooke Shields

"He was driven by his hunger to ... constantly top himself."
Rev. Al Sharpton

"Michael was the biggest star on Earth."
Magic Johnson

"His music was a blessing to us all."
Queen Latifah

Jackson bigger than Obama on Facebook

ONLINE The King of Pop is more popular than the leader of the free world, at least on Facebook.

During yesterday's memorial service for fallen music icon Michael Jackson, when numerous news, music and entertainment sites streamed the event live, Facebook users were averaging 6,000 status updates per minute. That's roughly 2,000 more updates per minute than occurred during the inauguration ceremony for U.S. President Barack Obama last January.

Whether the total web audience for the Jackson funeral tops the inauguration remains to be seen. But Jackson already has over a million more friends than Obama (close to seven million).

REUTERS

SunnySide

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

- **Calling on all Vancouverites — share your SunnySide thoughts on what makes Vancouver tick, people, places, events and architecture, on Twitter using #sunnyside**
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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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Discussing the future of the CBC
A public forum on the future of the CBC, hosted by various Lower Mainland New Democrat MPs, will be held tonight at the main branch of the Vancouver Public Library at 7 p.m. The MPs say Canada's national broadcaster is "under siege" and needs funding. METRO VANCOUVER

Local

COC drops logo challenge

The Canadian Olympic Committee has dropped its complaint over a logo used by a Vancouver-based gay men's chat line. The COC had argued that Interactive Male's symbol, left, was too similar to an Olympic wrestling logo used in the 1970s, and objected to its trademark application in 2006.
METRO VANCOUVER

Women-only pharmacy opens doors

Space reflects 'safety, beauty,' says director

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Vancouver women now have a place to call their own when it comes to intimate health matters with yesterday's opening of a women-only pharmacy — Lu's: A Pharmacy For Women.

Nestled on West Hastings Street between two iconic Vancouver businesses — Army & Navy and Save On Meats — the warm, modern space consists of a fully equipped pharmacy, multimedia resource centre and lounge space for seminars.

An examination room will be completed by September, when a nurse will be on site part time.

"It's exciting to be open and see the trickle of people coming in," said Caryn Duncan, executive director of the Vancouver Women's Health Collective and the force behind the pharmacy.

She said the shop was designed by architecture students from the University of B.C., and most of the supplies and labour were donated.

The countertops and cabinets are made from a warm oak-coloured wood, and chandeliers made from recycled plastic bottles and old test tubes hang from the ceiling.

The walls in the back rooms alternate between hot pink and exposed red brick.

"The whole tone is about safety, beauty and (femininity)," said Duncan.

Victorine Ssozi, a pharmacist at Lu's, said the feedback from the community has been positive.

"One woman had been living here for 25 years and said she'd never think she'd see something like this," Ssozi said.

Workshops

- Women Against Violence Against Women will be doing anti-violence workshops in the back space of Lu's Pharmacy.
- For more information visit womenshealthcollective.ca

KRISTEN THOMPSON/METRO VANCOUVER

Caryn Duncan, executive director of the Vancouver Women's Health Collective, at Lu's: A Pharmacy For Women on West Hastings Street yesterday.

News in brief

CHARGED A 49-year-old Abbotsford teacher has been charged with sexual exploitation and luring after text messages were allegedly sent to a female high school student. Martin Careen teaches at St. John Brebeuf Regional Secondary School. METRO VANCOUVER

metronews.ca
What's online today.

Video Canadians at home, abroad say goodbye to Michael Jackson, at **metronews.ca/entertainment**

Video Ramp ceremony farewell for soldiers killed in helicopter crash in Afghanistan, at **metronews.ca/canada**

Illegal Olympic protests predicted

VANCOUVER 2010 Games

JEFF HODSON
jeff.hodson@metronews.ca

"There are things that will happen ... that we have responsibility to plan and prepare for."
Bud Mercer, RCMP

SECURITY Groups are planning criminal Olympic protests similar to the 1999 Battle in Seattle, the head of security for the 2010 Games warned city councillors yesterday.

In a briefing to city council, RCMP Assistant Cmdr. Bud Mercer, the chief operating officer for the 2010 Integrated Security Unit, said the majority of people opposed to the Games will express themselves through legal protest.

But he added, "Locally, provincially, nationally and internationally, there are groups that are considering or planning to engage in criminal protest during the 2010 Games."

As examples, Mercer pointed to the 1994 Stanley Cup riot and anti-globalization protests like those in Seattle in 1999 and Quebec City in 2001.

"There are things that will happen during major events that we have responsibility to plan and prepare for."

Mercer also defended recent reports of ISU officers approaching anti-Olympic protesters to open the lines of communication.

The ISU, he added, is planning to establish "free-speech areas" during the Games similar to those used during the 2008 Francophonie Summit in Quebec City.

More than 900 closed-circuit television cameras will be installed at venues during the Games. They will be removed when the Olympics are finished.

Court reforms to make justice accessible: Attorney general

LAW The province is reforming its civil and family law courts to make justice more accessible and affordable for average British Columbians, Attorney General Mike de Jong said yesterday.

The reforms, which were seven years in the making, include eliminating court fees for the first three days of a trial and limiting oral questioning in discovery to seven hours.

Dropping court fees will save the average person around $1,000.

"For too many people, justice through the courts has become unaffordable," de Jong said outside the Vancouver Law Courts yesterday.

Donald Brenner, chief justice of the B.C. Supreme Court, said the new rules will foster earlier resolutions and a more affordable trial process for cases that need to be adjudicated.

Dropping court fees for the first three days, he said, means there will be no fees for the majority of cases.

New Democrat MLA Leonard Krog, however, said reforms will do nothing to restore the 40 per cent cut to legal aid in the province.

The new rules will come into effect on July 1, 2010.
JEFF HODSON/METRO VANCOUVER

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City's housing market stabilizing, says realty survey

Vancouver's real estate market stabilized in the second quarter of 2009 and is forecast to hold steady, according to a new survey by Royal LePage Real Estate Services. The average year-to-date house price of $558,893 is expected to climb to $560,000 by year's end — finishing at 5.7 per cent below last year's average house price of $593,767. METRO VANCOUVER

Man arrested after alleged scuffle with police

DTES A 37-year-old man has been arrested after a police officer was allegedly punched and had his duty belt grabbed by a suspect.

The officer walked into a Downtown Eastside lane yesterday after hearing loud music to find a man with a portable stereo and a large amount of cash. The man allegedly refused to answer questions and resisted arrest. A passerby helped the officer subdue the man. The suspect was treated for bruising and cuts to his face. The officer had minor injuries only.

METRO VANCOUVER

News in brief

RECOVERY A stolen trailer with $10,000 worth of merchandise from Mark's Work Wearhouse has been recovered, RCMP said. It was found on the property of an intoxicated driver involved in a crash yesterday.

NEEDLES Canada's first needle-exchange program is shutting down after 29 years, CBC News Online reports. Its funding was cut after Vancouver Coastal Health did not bid for a new contract. METRO VANCOUVER

KRISTEN THOMPSON/METRO VANCOUVER

Musician Tal Bachman, left, and Terry Moshenberg, executive producer of the League Of Rock, jam at the Nimbus School of Recording Arts yesterday in Vancouver.

Jammin' in the League of Rock

Anyone who's ever fantasized about being a rock star — but has no interest in going the Canadian Idol route — will soon have a chance to realize that dream.

Vancouver's first-ever rock league is coming to town on July 22.

The organization invites non-professional musicians over age 30 to join a band, jam with pros, record a CD and play gigs around town — all in 10 weeks.

"There's knitting leagues, Frisbee leagues, football leagues, but there's never been a rock league for adults," said Terry Moshenberg, who founded the league three years ago in Toronto.

"These are not rock stars. They know they can string three chords together but want to get their chops back and have no one to play with," he said.

Members attend workshops with professionals like Vancouver Island-based musician Tal Bachman, son of The Guess Who's Randy Bachman.

"The League of Rock is the perfect vehicle for someone who's always fantasized about being in a band or was in a band and wants to get back into it," Bachman said. "It's about having fun, getting better and camaraderie."

KRISTEN THOMPSON / METRO VANCOUVER

Sign up

- Applications to the League of Rock in Vancouver are open until July 17. It kicks off on July 22 at The Yale.
- For more information visit vancouver.leagueofrock.com.

Attack shocks community

Racial assault 'unusual': RCMP

DANIEL TAM
for Metro Vancouver

Some Courtenay residents say their community is still in shock after a fight between three white men and one black man.

The clip was posted on YouTube showing Jay Philips, 38, defending himself against the three attackers on Friday.

Racist slurs aimed at Philips can be heard throughout the video.

Dylan Banner, Philips' employer at landscaping company Banner Maintenance, said he is "absolutely disgusted."

"He'd do anything for anybody, anywhere and anytime," said Banner, who's known Philips for six years. "He's just a great guy. He's the type of guy you go golfing with."

The fight broke out in a parking lot, and at one point one of the attackers had Philips in a headlock on the ground while the other two struck him from above.

They separated when two cars entered the parking lot.

Three suspects have been arrested.

RCMP Const. Tammy Douglas said the fight is not a reflection of the Comox Valley city.

"This is a very unusual event to happen in our community," said Douglas. "We are a very diverse community and we have a lot of different cultures."

Courtenay Mayor Greg Phelps said that the people he has talked to are "shocked and absolutely appalled by the attack."

YOUTUBE.COM

Jay Philips, right, in the YouTube video where he defends himself against three attackers in a fight filled with racial slurs.

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Celebrating 64 Years with a Bang (M)

HSBC CELEBRATION OF LIGHT

Housing market bouncing back: Royal LePage
Canada's housing market has bounced back sufficiently from an "awful winter" for prices and unit sales will stabilize by the end of the year, Royal LePage said yesterday. REUTERS

Canada

Warming to a target

Canada to agree to ambitious climate change goal

Canada is set to agree to a tough global warming target of no more than two degrees Celsius at a gathering of world economic leaders in Italy that gets underway today, an official said.

Prime Minister Stephen Harper arrived last night and travelled to the quake-shattered city of L'Aquila, where the summit of the Group of Eight industrialized countries will be held.

Hours before landing in Rome, a senior Harper official signaled a different approach to climate change — one that environmental activists and European governments had hoped for.

Press secretary Dimitri Soudas suggested Canada would not oppose a declaration that global warming should not be allowed to exceed two degrees from pre-industrial temperature averages.

It's a limit that the European Union, the U.K. and some developing countries have argued is critical to curbing widespread environmental damage.

Agreement on a limit to global temperature rises is believed to require tougher short and mid-term actions by countries such as Canada to cut back on their greenhouse gases.

The Conservative government, though it endorses the fight against global warming, has postponed tough regulations on large industrial "greenhouse gas" emitters.

TORSTAR NEWS SERVICE

Pope's view

- Pope Benedict XVI is calling on world leaders to bring in economic rules to temper the excesses of the past.

Florida **Countdown to liftoff**

SCOTT AUDETTE/REUTERS

Canadian Space Agency astronaut Julie Payette arrives at the Kennedy Space Center in Cape Canaveral, Fla., yesterday. The space shuttle Endeavour is scheduled to launch July 11 on a mission to the International Space Station.

News in brief

MEMORIAL Hundreds of soldiers assembled at Kandahar Airfield yesterday to bid farewell to two Canadian soldiers killed in Afghanistan, CBC News Online reports. Troops solemnly saluted the caskets bearing the bodies of Master Cpl. Patrice Audet, 38, and Cpl. Martin Joannette, 25.

METRO NEWS SERVICES

POLITICS Prime Minister Stephen Harper's Conservative party has regained a slight lead in popular support over the opposition Liberals and appears set to gain momentum over the summer, a poll released yesterday showed. The Strategic Counsel survey, published in the Globe and Mail newspaper, put the Conservatives ahead of the Liberals for the first time since April. The poll showed the Conservatives with 34 per cent support and the Liberals with 33 per cent.

REUTERS

Pride Week federal funding faces Conservative backlash

FUNDING Toronto's gay pride week may have seen its last cheque from Prime Minister Stephen Harper's government, after this year's $400,000 contribution provoked a backlash from within the ranks of MPs and Conservative supporters.

And Tourism and Small Business Minister Diane Ablonczy appears to have been disciplined, losing her power to make announcements of handouts from the $190-million Marquee Tourism Events Program, which funded the event.

Brad Trost, a Saskatchewan Conservative MP, spoke out publicly this week against federal support for Pride Week, arguing that the government caucus and Harper's own office was caught off guard by Ablonczy's announcement of support.

"The pro-life and the pro-family community should know and understand that the tourism funding money that went to the gay pride parade in Toronto was not government policy," he said.

TORSTAR NEWS SERVICE

'Poke in the eye'

- Sources said the Pride Week grant sparked a crisis at the highest levels of the Harper government.
- "It was seen as a poke in the eye" to social conservatives, said one senior insider of the grant.

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Bodies off coast of Tanzania believed to be from doomed Yemeni flight

Tanzanian authorities have spotted some 13 bodies believed to be from a Yemeni airliner that crashed into the sea off the Indian Ocean archipelago of Comoros last week, an official said yesterday. REUTERS

World

Oil demand rising as economy improves

The U.S. Energy Information Administration yesterday once again raised its world oil demand forecast for this year as the global economy gradually improves. In its monthly energy outlook, the EIA increased its 2009 global oil demand projection to 83.85 million barrels per day, up 170,000 from its June estimate of 83.68 million. World oil demand this year is still well below 2008 levels of 85.41 million barrels per day. REUTERS

Ethnic unrest continues

Mobs rampage through Chinese city as crisis enters fourth day

Han Chinese armed with iron bars and machetes roamed Urumqi city yesterday seeking revenge on Uighurs for bloody ethnic clashes two days earlier which killed 156 and wounded more than 1,000.

Outnumbered riot police used tear gas to try to disperse thousands of angry protesters who flooded the capital of the northwestern region of Xinxiang.

In a sign of government anxiety about the unrest, the city's Communist Party boss Li Zhi took to the streets to plead with protesters to return home, and overnight traffic restrictions, originally announced as a curfew, took effect to halt the violence.

Security forces intervened to stop fighting, breaking up a battle between hundreds of rock-throwing Han and Uighurs and forcing a Han mob to leave a building in a Uighur area, a Reuters reporter said. There were no reports of deaths.

Riot police stood warily by as crowds vented their anger by throwing rocks at a mosque and smashing restaurants and shops owned by Uighurs, a Turkic people who are largely Muslim and share linguistic and cultural bonds with Central Asia.

"They attacked us. Now it's our turn to attack them," a Han man in the crowd told Reuters. He refused to give his name.

MICHAELA REHLE/REUTERS

A protester takes part at a demonstration in Germany yesterday against the deadly riot in China's Xinxiang region.

Home early

- Chinese President Hu Jintao abandoned plans to attend a G8 summit in Italy today, returning home with the ethnic violence in of Xinxiang. The official state-run Xinhua news agency said Hu had left for China "due to the situation."

The crowd were carrying an improvised arsenal of meat cleavers, metal rods, spades, rocks and wooden clubs. The most extreme shouted "kill them" and "exterminate the Uighurs."

In Washington, U.S. Secretary of State Hillary Clinton expressed deep concern.

"We're calling on all sides to exercise restraint. We know there's a long history of tension and discontent but the most immediate matter is to bring the violence to a conclusion," she said. REUTERS

News in brief

G8 The United States wants the G8 summit this week to commit $15 billion US over several years for agricultural development in poor countries to fight food insecurity.

HONDURAS The U.S. threw its weight behind a fresh effort to negotiate an end to the political crisis in Honduras yesterday and urged ousted President Manuel Zelaya to negotiate rather than try to force his way back into power. After meeting Zelaya, U.S. Secretary of State Hillary Clinton said he had agreed to a new mediation effort that is to be led by Costa Rican President Oscar Arias. REUTERS

Tepid response to Obama

RUSSIA U.S. President Barack Obama appealed to the Russian people yesterday to join the United States in overcoming past differences and building a prosperous democratic future free of corruption and the threat of nuclear war.

Obama was careful in his speech, billed by the White House as a major setpiece, to avoid direct criticism of the Kremlin.

"People everywhere should have the right to do business or get an education without paying a bribe," Obama said in his speech to students, making an oblique reference to Russia's ingrained culture of corruption. The students, many skeptical of the United States after the chaos wrought by "Wild East" capitalism in the post-Soviet period, listened politely to Obama in a hall near the Kremlin used mainly for official events but showed little enthusiasm.

"People ... should have the right to do business or get an education without paying a bribe."
Barack Obama

Their reaction reflected a theme of Obama's visit — a generally low-key reception by Russian media and ordinary citizens. REUTERS

If only Uighurs were Buddhist

Mona Eltahawy
Global View

Pity the Uighurs — the wrong kind of minority fighting the wrong kind of enemy.

In China's worst ethnic unrest in years, Uighurs took to the streets of Urumqi, capital of the western province of Xinxiang, on Sunday. They are believed to have been angered by government handling of a June clash between Han Chinese and Uighur factory workers in southern China, where two Uighurs died, news agencies reported.

The Chinese government quickly blamed exiled separatists, arrested dozens and tried to curb information flow by stifling the Internet. Yesterday, Han Chinese armed with iron bars and machetes went looking for revenge on Uighurs.

But as Reuters pointed out, the underlying cause of the unrest most likely was long-standing economic, cultural and religious grievances that have built up among the Uighurs over decades of tight central rule.

If only the Uighurs were Buddhists like the Tibetans, who just 18 months ago had their own uprising in Tibet's capital Lhasa.

We'd be having Free Xinxiang concerts already courtesy of Bjork, Sting, Bono and all those other one-named saviours of the world's poor and oppressed.

If only the Uighurs were a minority in a country that didn't produce half the goods we use and which wasn't quickly threatening to turn into a superpower. Perhaps then the U.S. State Department would issue more threatening words of its own. Instead, they're Muslim and us Muslims don't get much love these days. And just as importantly, the Uighurs are facing off with the wrong kind of enemy. If the "West" ignores Uighurs because they're not as cuddly as the Tibetans or their leader the Dalai Lama, then where are the Uighurs' fellow Muslims? Uighurs are a Turkic people who are largely Muslim.

Many Muslims pay attention only when the U.S. and Israel are doing the oppressing. China is the wrong kind of enemy.

Look at Darfur, where the suffering goes ignored because its victims are black and because those who are creating the misery in Darfur are not Americans or Israelis. We only pay attention when America and Israel behave badly.

Speaking of Darfur, China is one of Sudan's biggest trade and arms partners. Sudanese President Omar Bashir, who last year wanted to try a British teacher for insulting Muslims by naming a class teddy bear Mohammed, won't be rushing to condemn Chinese oppression of Uighurs.

So perhaps Israel can save the day and invade Xinxiang.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

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Comment

Dumping on Toronto

Strike means trash piling up in 'centre of the universe'

TheWestView

If there's one thing that unites all Canadians, even *les citoyens* of the Nation of Quebec, it's our sea-to-shining-sea disdain for our largest city, Toronto.

I should make it clear this bad attitude is a defence against Toronto's tendency to fancy itself as the centre of the known universe (CKU), its boundaries Cottage Country to the north, Mississauga to the west, Scarberia to the east and New York to the south.

Oh, and there's an Ottawa bureau.

There was a time I thought Toronto was merely misunderstood, but that was until I lived and worked in the CKU for our "national" broadcaster, which had a bad case of Toronto-itis, no matter how it pretended to behave otherwise.

I soon learned all the important news came from Toronto, while the rest of the country was a vast and chilly hinterland, good for soft features about cute animals and farmers, out standing in their fields, suffering.

Of course, Toronto's myopia infuriates the rest of us 30 million Canadians, so we make remorseless fun of its endless pretensions, especially its hockey team, which has been wilting on the tree since 1967, the last time the Leafs won the Stanley Cup and the last time there were six teams in the NHL.

This fact alone is usually enough to haunt the nightmares of Torontonians, but now they have a real nightmare to contend with. We're talking trash, Toronto trash in particular, thanks to a civic workers' strike that's gone on for two weeks and continues with no end in sight.

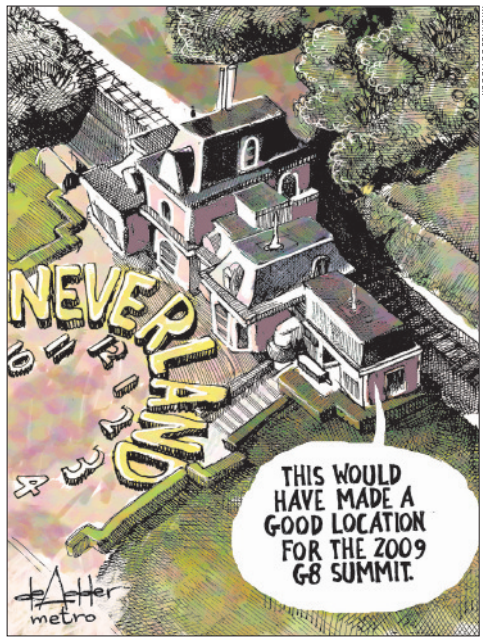
Garbage is being temporarily dumped at various locations around town, including Christie Pits, which is Toronto's idea of a park. Anyone from out of town might not be able to tell the difference, but believe me, Torontonians can and the trash is driving them nuts. Of course, that's all they can talk about; forget the rest of us and our cute animals.

If you've ever spent a summer in Toronto, you'll never forget that toxic soup of heat, humidity and the aroma of millions of bags of trash piled up on the curb on pickup day, seeping sludge. Now it's like that 24/7. Only worse. You can smell it all the way to Vancouver, past the noses of the suffering farmers, as if they didn't have enough to worry about.

Canada's self-proclaimed "national" paper, the Globe and Mail, likes to call Vancouver's Downtown Eastside Canada's Slum, based on some patronizing notion. We should return the favour and adopt Toronto and its trash for the duration of the strike so our greatest city does not feel abandoned in its hour of need.

Tonight on the National with Peter Mansbridge: Toronto: Canada's Dump.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Word on the street: In these tough economic times, should unions be making more concessions?

Soh Yousof
age 41, Vancouver

A: If you're not flexible according to the current situation then you are blundering. It doesn't matter if you are a union, a father, or whoever.

Vicki McCann
age n/a, Vancouver

A: That's very case specific. You'd have to take each individual case into account and apply common sense.

Shabnam Rezaei
age 36, Yaletown

A: I'm in animation and ... when actors are looking for jobs and we're just trying to make shows, it would be great if unions relax a bit in their rules and allow us to have access to those voice actors.

Ian Campbell
age 57, Edmonton

A: Yes. It has to be 50/50. Both the company and the employees need to co-operate or else the companies could get someone else to work.

Lucie Desjardins
age 35, Ottawa

A: Yes. I work for a company where we haven't had a pay raise in years and benefits are not getting better — they're actually removing a lot of them.

Frank Laba
age 55, Halifax

A: They should probably do their best not to, but in some cases if they don't they may not have a job to return to.

Letters

Michael Jackson was human, with his own faults

Michael Jackson is a tragic loss to the music world and humanity. I applaud this man for his musical genius. I thank him for the many years of pleasure his music has and will continue to give me.

There are those who mock him. Instead of mocking him, I ask that you ask yourselves why this man disfigured his face and acted in other unconventional/strange ways. Not long after Jackson died, his father shamelessly plugged his own record label during a CNN interview about his dead son. Can you imagine how many other vultures were surrounding Jackson during his life?

Yes, ultimately, Jackson was responsible for his own actions. He was human, with faults.

Yes, it was foolish to proclaim to the world that he played with/tucked young boys into his bed. Yes, this is inappropriate behaviour for a man.

Like the jurors who acquitted him, I choose to believe Jackson was innocent. I like to believe there is good, that there is still innocence in this world, and it's not just limited to children and animals.

I hope the angels will protect him and he will finally rest in peace.

IRENA MISTAUTAS, OAKVILLE, ONT.

Quote of the Day

"Michael, when you left us, a part of me went with you ... I will treasure the good times, singing, dancing, laughing ... We will never understand what he endured ... being judged, ridiculed. How much pain can one take? Maybe, now, Michael, they will leave you alone."

– BROTHER MARLON JACKSON AT MICHAEL'S MEMORIAL SERVICE
TORSTAR NEWS SERVICE

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Fed up with fees? Follow this feed

ING Direct has launched a new service called Fee Tweeter, available at http://FeeTweeter.fairfees.ca or through the Twitter stream at twitter.com/FeeTweeter that allows Canadians fed up with banking fees to tweet about their gripes and keep track of how much they are actually spending. **METRO NEWS SERVICES**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bankruptcies spike by 31% over May 2008

Bankruptcies in Canada continued to soar in May versus year-earlier levels as consumers succumbed to debt loads and job losses, but the tally improved modestly from April.

Results released yesterday by the Office of the Superintendent of Bankruptcy Canada showed a total of 10,364 bankruptcies registered in May, up 31 per cent from May of last year. Last month's total fell nearly 10 per cent below April's 11,465 bankruptcies.

Industry experts were doubtful that May marked a turning point in a string of soaring bankruptcies in recent months. "I'm not confident that it's the light at the end of the tunnel," said Andy Fisher, a bankruptcy trustee with A. Farber & Partners. "June was probably the busiest month we've ever had," catering to Canadians being chased by creditors, he said.

"There's so much more credit available to people than there was a generation ago," Fisher said. Amid widespread job losses and reduced incomes "struggling people see credit as a way to get by," he said. "Attitudes have changed. It's not a stigma to have credit."

But many who have embraced credit clearly can't keep up. The May figures include 9,900 consumer bankruptcies, up about 34 per cent from a year earlier.

TORSTAR NEWS SERVICE

Purchasing and building plans spike in May, June

INDEX Canadian purchasing activity and building intentions leapt back to life in June and May, respectively, soaring past expectations and suggesting the pace of economic contraction is slowing.

However, bankruptcies by companies and individuals jumped 31 per cent in May from a year earlier, though they were down nearly 10 per cent from the previous month.

StatsCan

- A separate report by Statistics Canada pointed to a possible increase in housing starts in coming months.
- The value of permits obtained by builders jumped 14.8 per cent in May from April. Analysts had forecast an increase of 0.7 per cent.

The Ivey Purchasing Managers Index rose to 58.2 in June from 48.4, while markets expected a rise to just 50.3.

A reading of 50.0 shows activity stayed flat from the previous month, while a higher reading means an increase and a lower reading reflects a slowing.

June and April have been the only months since last November in which the index was above 50.

Millan Mulraine, economics strategist at TD Securities emphasized that on a seasonally adjusted basis, the Ivey index remained below the 50 threshold.

"It suggests the Canadian economy is continuing to contract, even though at a diminishing pace," he said. **REUTERS**

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Business in brief

QANTAS Australia's Qantas Airways Ltd. has pleaded guilty to participating in a price-fixing conspiracy on air cargo exported on certain routes from Canada between May 2002 and February 2006, Canada's Competition Bureau said Tuesday. Qantas is the fourth carrier to be convicted in the probe.

WIRELESS U.S. antitrust regulators have approved a Nokia Siemens bid for a portion of Canada's bankrupt Nortel Networks Inc. Nokia Siemens Networks — a joint venture of Nokia and Siemens — is offering $650 million for Nortel's CDMA and LTE wireless technology businesses. **REUTERS**

Costlier meat in store for N. Americans amid culls

FARMING Higher meat prices may be in store for consumers next year as hard-hit North American farmers thin herds of cattle and pigs.

High feed costs and slumping pork exports due to fears over influenza A (H1N1), also known as swine flu, are dogging livestock producers, with Canadian farmers reeling from narrowed U.S. access for live animals because of country of origin labelling and severe drought.

"Consumers are going to pay more for meat — they have to," said Steve Meyer president of Iowa-based Paragon Economics, who sees herd downsizing lifting meat prices in late 2010. "There are going to be record-high prices in the U.S. for all species by then. Everyone has to cover these higher costs."

Canada's hog herd was down 8.58 per cent by the first quarter of 2009 compared with a year ago, with a total of 11.9 million pigs. **REUTERS**

Delinquencies at all-time high in U.S.

CREDIT Soaring U.S. unemployment drove delinquencies on credit card debt and home equity loans to all-time highs in the first quarter as a record number of consumers fell behind on their bills.

Delinquencies on the value of all card debt soared to a record 6.60 per cent from 5.52 per cent in the fourth quarter, the American Bankers Association said. Late payments on home equity loans rose to 3.52 per cent from 3.03 per cent, and on home equity lines of credit climbed to 1.89 per cent from 1.46 per cent. **REUTERS**

La Russa drops Twitter suit

St. Louis Cardinals manager Tony La Russa has quietly dropped his lawsuit against the social networking site Twitter Inc. A one-paragraph statement filed June 26 with the U.S. District Court in San Francisco says La Russa had dropped all claims — and that Twitter did not compensate him in exchange. METRO NEWS SERVICES

Sports

Villeneuve's F1 comeback?

Canada's Jacques Villeneuve, left, wants to return to Formula One as part of the expanded series from 2010. The 1997 world champion from Iberville, Que., last raced in F1 in 2006, pulling out after 12 rounds following his exit from BMW Sauber. The 38-year-old has reportedly spoken to unnamed team principals about the possibility of a seat. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sakic set to retire: Report

Joe Sakic, franchise icon of the Colorado Avalanche and 20-year NHL veteran, has decided to hang up his skates.

The Denver Post reported yesterday that the 40-year-old forward will make it official tomorrow afternoon, bringing to a conclusion what will certainly be a Hall of Fame career.

Hastening his exit from the game are the injuries which plagued him over the last two seasons, limiting the long-time team captain to just 59 regular season contests. Sakic had to undergo hernia surgery two seasons ago and went under the knife for a herniated disc last year while also suffering three broken fingers.

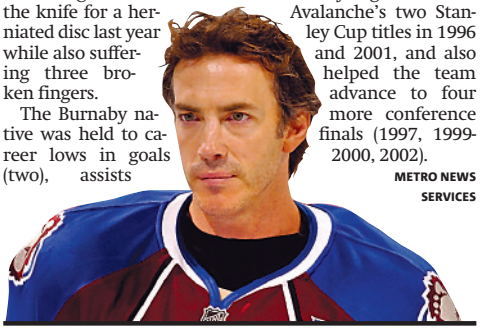
The Burnaby native was held to career lows in goals (two), assists (10), points (12) and games played (15) in 2008-09, just two campaigns removed from a 100-point season.

A first-round draft pick of the Quebec Nordiques back in 1987, Sakic will depart as the franchise's all-time leader in goals (625), assists (1,016) and points (1,641).

Sakic currently ranks eighth on the all-time point list, sandwiched between Mario Lemieux and Jaromir Jagr, sits 11th in assists and is 14th in goals.

Named captain of the club on a full-time basis back in 1992 while it was located in Quebec City, Sakic was a key figure in the Avalanche's two Stanley Cup titles in 1996 and 2001, and also helped the team advance to four more conference finals (1997, 1999-2000, 2002).

METRO NEWS SERVICES



Canada beats El Salvador at Gold Cup

SOCCER Ali Gerba scored his second goal of the Gold Cup to give Canada a 1-0 win over El Salvador last night and earn his side a maximum six points from two games.

Canada lead Group A while Costa Rica, who beat Jamaica 1-0 in yesterday's other game, are level with El Salvador on three points. Jamaica are bottom of the group after two defeats.

Gerba turned in a shot from Patrice Bernier after El Salvador failed to clear and the Canadians are now all but certain to make the quarter-final stage.

Celso Borges' 64th minute goal was enough to keep Costa Rica's hopes of progress alive and condemn Jamaica to another defeat.

Borges met a Pablo Herrera cross with a superb volley to beat Jamaica keeper Donovan Ricketts.

Jamaica were forced to play with 10 men from the 35th minute after Rudolph Austin was sent off following a clash with Borges.

REUTERS

MATT SULLIVAN/REUTERS

Ali Gerba, right, celebrates his goal against El Salvador with teammates Julian de Guzman and Josh Simpson last night in Columbus, Ohio.

Sports in brief

TOUR DE FRANCE Lance Armstrong closed to within a second of the overall lead at the Tour de France after his Astana team won yesterday's team time trial. Fabian Cancellara, a Swiss rider with the Saxo Bank team, retained the yellow jersey after the 39-kilometre ride in and around Montpellier.

SOCCER Ireland goalkeeper Paddy Kenny has been suspended by Sheffield United after he tested positive for a banned drug. Kenny faces a possible ban after a urine sample he provided following United's League Championship playoff semifinal against Preston in May tested positive for the stimulant ephedrine.

SETTLEMENT A baseball fan who says he was kicked out of a Yankees game because he left his seat during God Bless America has settled a lawsuit against New York City and the team. The city did not admit liability and will give Bradford Campeau-Laurion of Queens about $10,000.

METRO NEWS SERVICES

Pick breaks Canucks' draft mould

KARL YU
for Metro Vancouver

The Vancouver Canucks' draft history is littered with giant bruisers, but they went a different route this year when they selected diminutive five-foot-eight, 175-pound Jordan Schroeder in the first-round.

Jordan Schroeder

Despite being undersized, Schroeder says that skills are now just as important as size in today's NHL.

"You look at (Chicago's) Patrick Kane and those kind of players, the game is changing and the rules are changing," he said.

Before Canucks fans start buying Schroeder jerseys however, it may be a few years before the first-rounder takes to the ice with the big club.

An NCAA student athlete, the centre can attempt to turn pro next season, play in the CHL or go the less-glamorous university route.

"I have a decision to make when I go back, but I'm sure I'll be back at the University of Minnesota (where he is enrolled) but you never know what can happen."

Gophers

- Schroeder isn't the only member of the University of Minnesota in the Canucks system. Former top-pick Patrick White and Taylor Matson are also Golden Gophers.

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Metro Workology exclusive: Backstage Pass

In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

Workology

McMaster book store the best

Members of the Canadian Booksellers Association have named McMaster University's bookstore, Titles, the best campus bookstore in the country. The store, which serves students, academics and general adult readers from the campus and broader community, reports more than $24 million in annual sales, and stocks about 40,000 titles. McMaster edged out several nominees, including the Universities of Alberta and Victoria. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

From small to big

T.O.'s Grogs Creature Shop brings passion to puppets

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Backstage Pass

RAFAEL BRUSILOW
for Metro Canada

Jason Hopley in The Grogs Creature Shop in Toronto.

Playing with puppets is serious business for Jason Hopley and Jamie Shannon, co-founders of The Grogs Creature Shop in Toronto.

The two passionate artists have done projects for heavyweights like Disney, Nickelodeon, Teletoon and the CBC and have set their sights on feature films next. Their pre-school series Nanalan, which runs on the CBC and PBS networks, won a Gemini Award and their newest series Big & Small is already a fresh hit on Treehouse TV.

Hopley believes the popularity of The Grogs' distinctive characters comes from the humanity they try to infuse into the puppets.

"We try to make things real — we're not going for that saccharine quality. We strive to bring a real humanness to the characters," Hopley said.

Best friends since they attended the Claude Watson School for the Arts in Toronto's Willowdale neighbourhood, Hopley and Shannon embody a fairytale story of two self-taught artists who have found success creating, writing and producing all their own work.

After leaving school, Hopley and Shannon spent two years at YTV, starting in 1993, creating dozens of puppet characters and performing live three-minute short bits while building up their skills on the fly.

"We just learned from doing, on live TV. It was the best learning ground," Shannon said.

Big & Small by The Grogs airs on Mondays on Treehouse TV.

The whirlwind years at YTV were instrumental in developing Hopley and Shannon's skills since they had no formal training and Hopley is still amazed at the level of responsibility and creativity YTV allowed them to have.

"We were just two 19-year-old guys doing improv live-to-air across Canada — I still can't believe it," Hopley said.

Wanting to do their own thing, Hopley and Shannon left YTV to start The Grogs, spending the first few years developing characters, building puppets and trying to break out professionally.

At the start they had to scrounge cash together for glue, felt and other materials while building puppets in an ex-girlfriend's mom's basement. Hopley admits they even nabbed a thrown-away foam mattress or two for spare parts.

"We were broke. A lot." Hopley said.

Nowadays each puppet their studio creates costs no less than $2,000 to produce and budgets for their projects can run in the millions.

Nurturing each other's artistic vision and being honest with each other are both big parts of why the creative partnership works and being best friends for almost three decades also helps.

Hopley admits living his creative dreams every day is a highly satisfying career.

"I wake up every morning and play with toys. If I died tomorrow, I'd pretty much be a happy man."

"I wake up every morning and play with toys. If I died tomorrow, I'd pretty much be a happy man." Jason Hopley

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Trend in U.S. colleges experimenting with 'local' online courses
To compete with for-profit online colleges, a number of commuter-serving urban institutions in the U.S. are "going local" with online or blended programs targeting working adults in their own regions. METRO NEWS SERVICES

Class actions on the rise, but are they a mistake?

WorkplaceLaw

"Greatness lies not in being strong, but in the right use of strength."
–HENRY WARD BEECHER

If employees can sue individually but proceed as a group, what incentive do they have to join a class action?

It's workplace law's newest, and biggest, phenomenon: Lawyers specializing in class action lawsuits, joining together groups of employees with similar legal claims. However, in light of last week's Ontario court decision that dismissed a class-action lawsuit filed against CIBC alleging that the bank failed to pay overtime to its customer service staff, class action lawyers may no longer be sharpening their pens.

For Canadian employees with claims for overtime, unpaid wages or pensions, joining a class action lawsuit had, until now, made sense. Proceeding individually is neither cost-effective nor does it garner the same attention from your employer as a multimillion-dollar lawsuit on behalf of thousands of employees. With the potential of recovering seven-figure damage awards and moving the case's coverage from this column to the front page of the news, the temptation to sue as a group is difficult to resist. But given the CIBC decision, are employees' interests being subverted?

In the CIBC case, Justice Joan Lax ruled that the individual claims in the case lacked commonality, which is essential to certifying class action lawsuits. "Proceeding as a class action will not avoid duplication of fact-finding and legal analysis" and for this reason, the individual claims should be decided on a case-by-case basis, not in a group setting, the court ruled.

As a result, these employees must turn to provincial labour tribunals or the courts and bring their claims on an individual basis, if they still can — and if they still care to.

And it's not just claims for unpaid overtime that shouldn't necessarily be brought as class actions. With large-scale downsizing and mass layoffs, class action lawyers have also taken aim at group wrongful dismissal claims. But not so fast. If a group claim for unpaid overtime doesn't have enough commonality to gain certification, then group wrongful dismissal claims will surely be dismissed. In wrongful dismissal lawsuits, the individual facts of each ex-employee's claim will ultimately determine its merit. Therefore, a class proceeding may be a mass mistake.

As well, in dismissal cases where the plaintiffs are unemployed, there is a need for speedy settlements or quick summary judgments. Class actions linger for years. Few gain certification; fewer prevail.

In a decision that was released last month, I represented five employees who sued their ex-employer for wrongful dismissal. It was not a class action suit, but I advanced their claims as a group. Within 14 months from the date that my clients were fired, they were awarded one of the largest group wrongful dismissal judgments in Canadian history.

At the mediation for this case, the mediator, one of the best known in Ontario, remarked that my clients were smarter to fight as a group rather than to stand alone. "There is strength in numbers," he argued, while attempting to assure us that the employer could not ignore five simultaneous claims. He was correct. If employees can sue individually but proceed as a group, what incentive do they have to join a class action?

Daniel A. Lublin is an employment lawyer focusing on the law of dismissal; dan@canadaemploymentlawyer.com.

Workology in brief

EXECS UP FOR CHANGE A study conducted by the Association of Executive Research Consultants in New York, has found that 75 per cent of currently employed executives would consider changing jobs if the opportunity arose. According to the international study, in which five per cent of respondents were Canadian, 74 per cent of the 1,518 executives surveyed cited poor company values as the catalyst for this sentiment.

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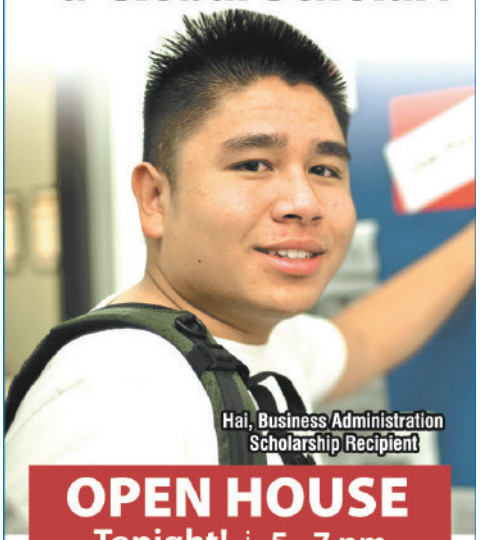

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smart Canada recently announced that free scheduled maintenance will now be included on every new smart. The coverage runs for three years or 54,000 km, whichever comes first. METRO NEWS SERVICES

Metro Drive

Bag the Benz

A series of handbags made from seatbelts will now be offered through Mercedes-Benz dealerships in Canada, made by Harveys Original Seatbeltbags and featuring the auto brand's logo. Prices for the bags range from $92.50 to $179.50. METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

This third-generation Nissan Cube is now available across Canada.

Hip to be Nissan Cube

Trendy model aims to be 'home on wheels'

LORNE DRURY
for Metro Canada

It's been said many times before that everything old is new again in the automotive world.

Take Nissan's new Cube compact wagon.

Although it's a newcomer to the North American stage for 2009 after making its debut in Japan way back in 1998, the Cube's squared-off design is really not all that new.

Think back to the early days of the automobile and cars that we remember like the Ford Model A and Model T. Both had that boxy, squared-off look that was common with automobiles of the day.

Fast forward to 2009 and the Nissan Cube enters a marketplace already featuring the Kia Soul and the Honda Element with similar "box on wheels" type designs in a marketplace that for years has been dominated by vehicles with curvy, flowing lines.

The Cube has what Nissan calls a "Jacuzzi lounge" interior layout with sofa-style seats and a suede-like fabric.

Nissan is hoping the Cube resonates with a younger audience thanks to its, well, Cube-like design.

Because of its boxy, unique design, the Cube is both functional and distinctive in an entry-level segment made up largely of look-alike vehicles.

And to allow customers to further personalize their Cubes, a variety of accessories are being offered right from launch time rather than a few months down the road as usually happens with a new model.

Already available at dealerships in Canada, the Cube is offered in two trim levels. Both offer the same 122 hp 1.8-litre four-cylinder engine, starting at $16,998 for a six-speed manual and $18,298 with a continuously variable (CVT) automatic transmission.

The key to the Cube's success, Nissan believes, is that it is affordable, economical and functional, yet at the same time fashionable.

The interior can be seen as a "home away from home" or a room on wheels for the digital generation that is always connected, thus the optional technology package not usually offered in entry-level vehicles.

STEVE TYMAN/FOR METRO CANADA

Cube giveaway

- Nissan Canada recently awarded the Cube to 50 Canadians for the creativity displayed through Hypercube, the nationwide, four-month-long social media campaign. The winners were announced at events simulcast in Toronto (pictured), Montreal and Vancouver. The winners will blog about their life with the Cube for the next year.

Making a case for the all-Canadian car

AutoPilot
Michael Goetz

metronews.ca/autopilot

When it comes to building cars, Canada does all right. In terms of worldwide annual production, we rank about ninth or 10th.

The quality is also there; Canadian plants of General Motors, Ford and Chrysler routinely score higher in quality indices than their American counterparts; Toyota and Honda continue to view Canada as a great place to establish and expand manufacturing facilities.

Consider also that our auto parts industry is arguably the equal of any in the world. Magna continues to assert itself as one of the world's top suppliers. It already builds complete vehicles for customers in Europe, and is poised to buy GM's European unit of Opel.

And Canada has always been a player. We were there at the very inception of automobile manufacturing, way back there in the early years of the last century, when factory smoke stacks were considered things of beauty, and businessmen wore top hats, even to bed.

In those days there were many Canadian automotive brands — McLaughlin, Russell, Brooks Steam, Redpath, Galt, etc. They obviously all died off, with the famous exception of McLaughlin, which got swallowed by GM.

So here we are with no Canadian car brands so far, and no car that says "Canada" the way Jaguar says England, Cadillac says America, Volvo says Sweden, Mercedes-Benz says Germany, Maserati says Italy, or Lada says Russia.

I guess we just have to be happy for what we do contribute to the world in terms of automotive production and technology, and not get too hung up about our current "branch plant" status.

I mean somebody's got to do cold weather testing, right? Who is going to make sure batteries crank over at 50 below if not us?

But maybe it's better that we don't have a brand that totally embodies Canada, because the one I'm picturing at the moment is kind of scary.

The engine was designed and built in central Canada, but it's way too conservative for the racy styling and interior, which came from Quebec. The cargo area, the responsibility of Western Canada, can't hold anything, because they've gone and installed another engine back there, and it's more powerful than the Central Canada one, which is no longer connected to anything. The seats aren't covered because they're the responsibility of the Maritimes. They want to do it in cod skin, but need to wait for the cod stocks to bounce back before getting started.

And just to make sure everyone would know this is a Canadian car, it would have a little Canadian flag sewn on the back fender.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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Mobile mania
In recent months, use of travel-related handheld applications by business travellers has skyrocketed. Such applications now include flight status updates, itinerary management and hotel-booking tools. BTONLINE.COM

Travel

New life for the Neues Museum

After more than 60 years in ruins, the Neues Museum on Berlin's Museum Island will re-open its doors on Oct. 16. It will house Egyptian, pre- and early history and classical antiquities collections, and feature the bust of Egyptian Queen Nefertiti, left, who was described as "the world's most beautiful woman. The re-opening also marks the first time in over 70 years that all five museums on the island will be open to the public. METRO NEWS SERVICES

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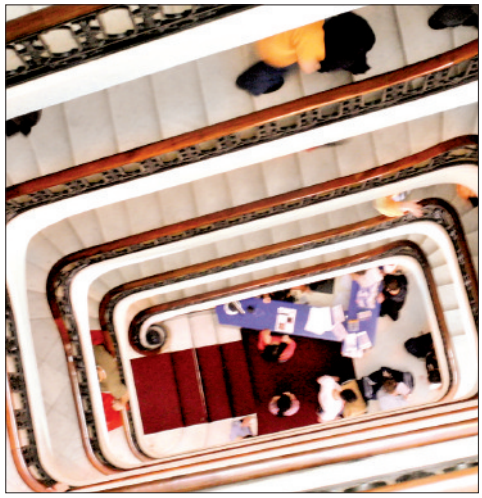
5 Hostels with hipster flair

ROMINA McGUINNESS
Metro World News

Think "hostel" and you picture bohemian backpackers and students on a shoestring budget crammed into dorms, drinking wine out of the bottle and eating cheese sandwiches.

Think again — with travel costs rocketing and budgets dwindling, cheap but hip hostels are becoming increasingly popular. Sure, you might still have to share just about everything from your room to the kitchen, but when you have your own iMac, home-cooked meals and free Kiehl's beauty products it doesn't seem so bad. Here is a selection of five of the world's hippest hostels, where luxury doesn't come at a price.



Above, a dorm room and staircase at Barcelona's Centric Point hostel, where the guest amenities include Wii and satellite television.

Left, the cellar bar at Miss Sophie's, a Prague hostel that looks more like a boutique hotel. Right, Bangkok hostel Imm Eco Chiang Mai.

Cheap shelter

Mama Shelter, Paris: In Paris' bohemian 20th arrondissement, Mama Shelter is the ugly-duckling-turned-swan of the block. Owned by Serge Trigano of Club Med, with interiors by Philippe Starck, this former multi-storey car park is as trendy and romantic as it is cheap. Walls are adorned with gritty poetry and graffiti whilst staff are armed with grease pencils to write down their thoughts across mirrors and floors. Rooms have iMacs and electronic screens run a continuous newsfeed in the counter at the communal bar so you can simultaneously surf the Net and eat.

Craving a midnight snack? Switch on your night-light (an illuminated Halloween mask) and head to the kitchen pantry stacked with Nutella chocolate spread and bread. Kiehl's beauty products in the bathroom come in handy. Prices per night from about $150 for single rooms and about $170 for double rooms; mamashelter.com.

Royal and retro

Living Lounge Hostel, Lisbon: This hostel feels more like a quirky artist's studio in Baixa than a backpackers pad. Touches of baroque influence the decoration, with heavy gilt frames, scarlet walls and a chandelier made from crystal shot glasses.

Seventeen artists helped with the decoration; one dorm by graffiti artist Dirty Cop evokes author Edgar Allan Poe with its eerie mural of black trees.

The dining room hosts intimate gatherings lit by flashing fairy lights, the garden room has trimmed artificial grass and the vintage barber's chair in the lounge is perfect for afternoon snoozes. Dinner is served every night at 8:30 p.m. sharp and costs about $20 for a hearty four-course meal. Prices per night from about $35 for dorms and $90 for private rooms; livingloungehostel.com.

Natural Touch

Imm Eco Chiang Mai, Bangkok: Set in a lush tropical garden close to the buzzing Chiang Mai city, Imm Eco focuses on being green and natural. The interiors burst with colour — lime greens and fuchsia against wooden floors and the airy open-plan spaces double as yoga studios.

Read more on page 16 ››

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OKANAGAN/NORTHERN BC

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New deals

Tourism Ireland has launched a new Hot Travel Deals page on discoverireland.com. The page displays "exceptional value" deals on airfare, accommodation, self-drive and escorted tours to Ireland, including packages from Canadian tour operators. METRO NEWS SERVICES

The lowdown on five high-design hostels around the world

>> Continued from page 14

The outdoor swimming pool is perfect for cooling down in. Dorms sleep up to 12 people, great for those on a shoestring budget, but individual rooms are available.

The restaurant, HiHi@ Barn, is all thatched wood and dangling light bulbs and serves a simple menu using organic produce from the gardens. Prices per night from about $12 for dorms and $48 for private rooms night; immhotel.com.

Bohemian Barcelona

Centric Point, Barcelona: Escape the hubbub of Barcelona's Ramblas high street and go to Passeig de Gracia where you'll find this funky hostel. This is the ideal starting point from which to explore Barcelona, from the beaches to boulevards.

There's a traveller's desk from which you can book all sorts of activities and a common room with satellite TV, bar, Wii, foosball and music. Internet access and breakfast are included in the price so if you are a frugal traveller, fill up on flaky Spanish pastries and syrupy coffee.

Prices per night from about $32 for dorms and $82 for private rooms; centricpointhostel.com.

19th century loft

Miss Sophie's, Prague: Resembling a swanky New York loft, Miss Sophie's is more boutique hotel than hostel. Housed in an old 19th century building in the heart of Nove Mesto, the interior design is minimal — verging on austere — but the red brick walls add an element of shabby chic.

The mellow cellar bar with squashy blood-red leather sofas is an ideal place to socialize with other guests.

Dorms sleep up to five people making it friendlier and less intimidating than typical ram-packed rooms and the monsoon-style showers make you forget the downsides of shared bathrooms. The huge lockers situated beneath the beds mean you can keep your worldly possessions safe and sound. Prices per night from about $29 for dorms and $82 for private rooms; miss-sophies.com.

More details

- mamashelter.com
- livingloungehostel.com
- immhotel.com
- centricpointhostel.com
- miss-sophies.com

The bar area at Mama Shelter, a Paris hostel where staff are encouraged to write on the walls.

A guestroom at Miss Sophie's, a hostel in Prague.

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Abdul eyes return to Idol
After talking in the spring about possibly moving on from American Idol, Paula Abdul is now optimistic she'll be back for another season of FOX's mega-hit. "I've been invited to stay the duration of the show, however long it lasts," Abdul said. PEOPLE.COM

Entertainment

Anna engaged?
Anna Kournikova has reportedly got engaged. The tennis player — who has been dating Enrique Iglesias on and off for eight years — has been wearing a large diamond ring on her wedding finger. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Revenge of the film nerds

STEVE GOW
for Metro Canada

When I Love You, Beth Cooper hits theatres this Friday, it will be the latest movie to turn the loser into lothario.

The story of a nerdy valedictorian winning the affection of the hot girl isn't just a familiar premise; it's also been consistently popular with movie audiences throughout the years.

Whether it's Jerry Lewis' geeky scientist inventing a potion to gain popularity in The Nutty Professor or the tale of two dweebs finally getting the girls in Superbad, Hollywood has always had an obsession with nerd love.

"The idea of nerds has become cool, even if nerds themselves aren't," recently stated Benjamin Nugent in a L.A. Times article. The author of American Nerd: The Story of My People, Nugent has made a career on deliberating dorks.

Although he acknowledges the ambiguous etymology of "nerd" stretches back to its appearance in Dr. Seuss' 1950 book, If I Ran the Zoo, the recent obsession with adoring dweebs can be traced to more current works.

"If you look at shows like The O.C., the Seth Cohen character (played by Adam Brody) is a nerd," said Nugent. "But he became a heartthrob, and I think that was really something new."

However, even before dorks became teenage darlings, producers have admired stories that portray the nerd as unlikely seducer. Here's a brief look at the rise of geek love:

Denis Cooverman (Paul Rust) and Beth Cooper (Hayden Panettiere) get to know one another over a long, wild and memorable night.

THE '80S: From explicitly-titled Revenge of the Nerds to the freak favorite Can't Buy Me Love, the '80s were inexplicably a fertile decade for producing nerd love stories. Maybe it was because, in hindsight, we all dressed like dweebs in 1985.

JOHN HUGHES: The greatest comedies of John Hughes still influence filmmakers today with their representation of nerds acquiring unlikely affection. Whether it's Sixteen Candles, Pretty in Pink or the dorky magnum opus Weird Science, Hughes knew how to tap into seducing our inner geek heart.

THE DIGITAL AGE: Much of the recent popularity of nerds has been attributed to the computer age's influence on media. With great fortunes amassed by the likes of Microsoft founder Bill Gates comes the inherent suggestion that intelligent geeks are more likely to succeed and thus attract the ladies.

THE MORAL: I should've obviously taken computer class way more seriously in Grade 8.

Movie **profile**

Contenders for Polaris a diverse group

MUSIC The race to crown the best Canadian album of 2008-09 has begun, with the announcement of the Polaris Music Prize shortlist yesterday.

The top 10 acts, as chosen by 182 journalists from across the country, are a diverse group, with a hardcore group, a rapper, a Francophone band and two roots acts all vying for the $20,000 prize.

Since the winner won't be announced until Sept. 21, music fans can spend the summer debating who deserves to take home the prize. To help get the conversation started, we've reviewed all of the nominated albums online.

Read more about all 10 nominated artist at:
metronews.ca/music

From Iran to Runway's top 4

Massoumi

TV Maryam Massoumi may not have won Canada's Next Top Model, but she left the show with a new understanding of what it means to be Canadian.

"When I entered this country, I was always fascinated by all the people from different countries. I've never had that," said Massoumi, 18, from North Vancouver, B.C.

Massoumi immigrated to Canada from Iran two years ago.

The remaining four women faced off in a runway challenge on last night's episode. The hopefuls had to march delicate museum-piece dresses made by Canadian designers down the runway, being careful not to tear them.

Despite warnings about the garments' fragility, Massoumi accidentally tore a section on Linsay Willier of Edmonton's dress while trying to help the seamstresses fitting her. The incident ultimately sent her packing, leaving just three women to compete for the Top Model title. METRO NEWS SERVICES

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 7/8/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Dragon's Den (CC)		Laughs	All Comforts	CBC News: The National (N)		Stampede
	255	358	6 JOY	E! News (N)	The Insider	Psych (N) (CC)		D. Richards	Kendra (N)	Kardashians	Candy Girls	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	Corner Gas	Hollywood	So You Think You Can Dance The top 12 dancers. (N) (CC)				CSI: NY "Rush to Judgment"		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Stargate SG-1 "Into the Fire"		Third Watch (CC)		Scrubs (CC)	Discovering	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout Couples compete. (N)		(:02) In Plain Sight (N) (CC)		The Philanthropist "Paris" (N)		News (N)
	256	389	12 VI	The Road to Avonlea		Old Christine	Gary Unmarr	America's Got Talent (N)		Monk (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		Goode Family	Surviving Sub.	Japanese Game Show		Krod Mandoon	Krod Mandoon	The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	America's Next Top Model		America's Next Top Model		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds "Demonology"		CSI: NY "Rush to Judgment"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent (N)		The Philanthropist "Paris" (N)		News (N)
	602	568	19 W	Style by Jury	Friends (CC)	Grocery	W Expert	Love It or List It		Best Friends (2005) Megan Gallagher.		
	288	380	24 ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout Couples compete. (N)		Japanese Game Show		Primetime: Crime (N) (CC)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Valley Girl ★★ (1983) Nicolas Cage, Deborah Foreman.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	West Coast	Time Team America (CC)		Ascent of Money (N)		Wide Angle "Heart of Jenin"		MI-5 (CC)
	290	382	23 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance The top 12 dancers. (N) (CC)				News (N) (CC)		Family Guy
	-	364	26 PBS	Wide Angle "Heart of Jenin"		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Time Team America (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	55 TLA	Two/Half Men	Two/Half Men	America's Next Top Model		America's Next Top Model		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	33 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	66 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	63 NW	Geologic Journey		CBC News: The National (N)		CBC News: The National		Geologic Journey		National
	500	500	68 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	62 RSP	Canucks TV	MMA Conn	UFC Top 100 Fights		UFC Top 100 Fights		Sportsnet Connected (Live)		Sportsnet
	400	400	60 TSN	SportsCentre (Live) (CC)			Boxing Andre Berto vs. Juan Urango. (CC)					SportsCentre
	411	457	49 OLN	Cycling: Tour de France		Cycling Tour de France -- Stage 5. From Le Cap d'Agde to Perpignan. (CC)						Departures
	410	403	54 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	65 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Thunder	Thunder	Pinks	Pass Time	Wrecked
	416	409	144 GLF	Fútbol		Gol TV Noti'as	MLS Weekly	Off the Pitch	Toronto	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	In Real Life (CC)		Malcolm-Mid.	Futurama	Survive This	Adrenaline	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	Father	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Mountain of Gold (CC)		Feast India	Feast India	The War Symphonies: Shostakovich			Concierto	Hockey
	575	583	20 CMT	Hope & Faith	Hope & Faith	Karaoke Star Junior "Halifax"		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	Video on Trial	Technical Diff.	One Tree Hill (CC)		Video on Trial	Video on Trial	disBand	disBand	Spotlight
	600	564	43 H&G	House	House	Holmes	Holmes	Hid Potential	Property	City	The Stagers	House
	615	520	61 A&E	Tattoo High.	Tattoo High.	Tattoo High.	Tattoo High.	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter (CC)		Tattoo High.
	628	584	62 SPKE	UFC Fight Night				CSI: Crime Scene Invstgtn.		Disorderly Conduct: Video		Disorderly
	521	560	64 TLC	Obese and Pregnant (CC)		Girl Who Never Grew (CC)		I Didn't Know	I Didn't Know	Obese and Pregnant (CC)		Pregnant
	616	522	69 SHO	The Outer Limits "Nightmare"		The Guard "Just Say No"		A Daughter's Conviction (2006, Mystery) Brooke Nevin. (CC)				House (CC)
	620	523	70 BVO	Opera	Broadway	Law & Order "Misbegotten"		Without a Trace (CC)		Picture Claire ★ (2001) Juliette Lewis. (CC)		
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	72 DIS	Mayday "Southern Storm"		Daily Planet (CC)		Mayday "Southern Storm"		Treasure Quest (CC)		Deadliest
	522	506	44 HIS	NCIS "Hiatus" (CC)		Cities of the Underworld		Ice Road Truckers (CC)		NCIS "Hiatus" (CC)		Marine Mach.
	627	528	45 SPC	Stormworld	Grand Star	Stargate SG-1 "Affinity"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	House-Payne	House-Payne	House-Payne	House-Payne	Sex and-City	Sex and-City	Take the Lead ★★ (2006) Antonio Banderas.		
	619	525	48 TROP	The Crow: Stairway to Heaven		What	What	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	The Next Food Network Star		Opening Soon	Opening Soon	Unwrapped	Unwrapped	Diner, Drive-In	Diner, Drive-In	Next Star
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Jon Dore	Tosh.0 (N)	Daily Show
	320	621	30 CEN	(6:05) Georgia Rule ★ (2007)		Just Buried (2007) Rose Byrne. Premiere.			(:35) Keeping Mum ★★ (2006) Rowan Atkinson. (CC)			
	581	566	101 MTV	The Real World "Cancun" (N)		MTV Live	After	True Love	The X Effect	The Real World "Cancun"		MTV Live
	261	394	102 V	Driven-Vision	Supernatural	Poltergeist: The Legacy		The Fantasticks ★★ (1995, Musical) Joel Grey, Brad Sullivan.				Paid Program
	-	-	103 MUL	Banquet	Kingdom-Wind	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Travel TV	Patrol World

critics'corner

Criminal Minds
The members of the Behavioral Analysis Unit investigate a series of deaths with eerie religious overtones, but none of them is more unsettled than Prentiss (Paget Brewster), who has a personal connection to one of the victims. Walton Goggins ("The Shield"), Bruce Davison and Roxanne Hart ("Chicago Hope") guest star in "Demonology." 9 PM on CBS

Wide Angle
"Heart of Jenin" recounts a tragic 2005 incident on the West Bank, where a 12-year-old Palestinian boy was fatally shot by Israeli soldiers who mistook his toy gun for a real weapon. The story has a life-affirming ending, however: The boy's grief-stricken parents consented to giving his organs to six desperate Israeli children whose lives were on the line. 7 PM, 10 PM on PBS

Tattoo Highway
Thomas and his team are not having fun in this new episode. As Beej deals with relationship issues, Nacho eats something that doesn't agree with him — a stencil sheet, of all things — and gets sick. As if that weren't enough, the bus is sick, too — a case of overheating causes it to quit working. 7 PM on A&E

Staying on his toes

Daniel Radcliffe is taking ballet lessons. The 19-year-old actor is so worried he won't be able to find a job after the Harry Potter films he has decided to don tights and slippers in a bid to make him more employable, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Katie launches dance fund

HOT STEPPER Katie Holmes has teamed up with Hairspray director Adam Shankman and reality TV guru Nigel Lythgoe to launch a dance scholarship fund, femalefirst.co.uk reports.

The Hollywood actress, who is set to appear on Lythgoe's U.S. show So You Think You Can Dance later this month, has joined forces with the pair and Dancing With the Stars judge Carrie Ann Inaba to set up the Dizzy Feet Foundation.

The scholarship organization gives underprivileged youngsters the opportunity to take part in dance programs and win grants to enrol in accredited dance studios, reports Daily Variety.

Holmes says, "I think it's important for children to experience music and dance.

"Every child should have the opportunity to discover what it is they like and have access to the very best in that pursuit."

The Batman Begins star will show off her moves on the dancefloor during a special 100th episode of So You Think You Can Dance on July 23, in which she will perform a tribute to Judy Garland.

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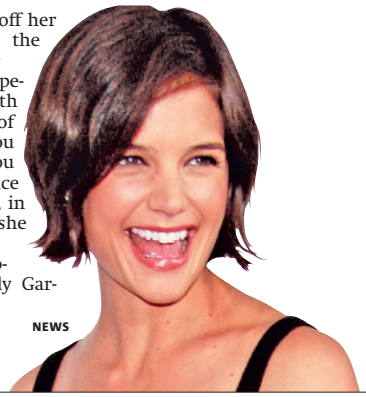


Stewart gets friend to buy pregnancy test: Rumours

COULD IT BE TRUE? Twilight star Kristen Stewart is allegedly worried she might be pregnant — and that the father is co-star Robert Pattinson, according to Australia's New Weekly magazine.

"She asked one of her friends to buy the test because she was worried about someone seeing her at the drug store," a source tells the magazine.

"She's very nervous about the whole situation. And because of the timing, she thinks Rob could be the father."

METRO WORLD NEWS

Lohan sued over her new tanning spray

LAWSUIT Looks like Lindsay Lohan is in trouble again, only this time it's in the courtroom.

Lohan is being sued by St. Petersburg, Fla., chemist Jennifer Sunday, who claims the actress and her partner on the project, Lorit Simon, stole the formula for Lohan's new Sevin Nyne self-tanning spray, according to the St. Petersburg Times.

"We are certainly looking for the profits that are being generated right now from that product," attorney Marcia Cohen tells the newspaper.

"If Ms. Lohan and Ms. Simon and their companies and their shareholders are profiting from the theft of my client's formula and are profiting from that product, my client is entitled to those proceeds."

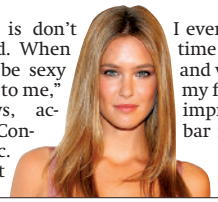
METRO NEWS SERVICES

Ignore the guys you want: Refaeli

WHAT'S HOT, WHAT'S NOT Supermodel Bar Refaeli knows a thing or two about snagging big-name boyfriends — like her ex, Leonardo DiCaprio. So her seduction tips are worth listening to.

"My plan is don't try too hard. When girls try to be sexy it's not sexy to me," Refaeli says, according to Contact Music. "The sexiest I ever felt was the first time I put on a dress and went dancing with my friends. The way to impress a cute guy in a bar is to ignore him."

METRO NEWS SERVICES



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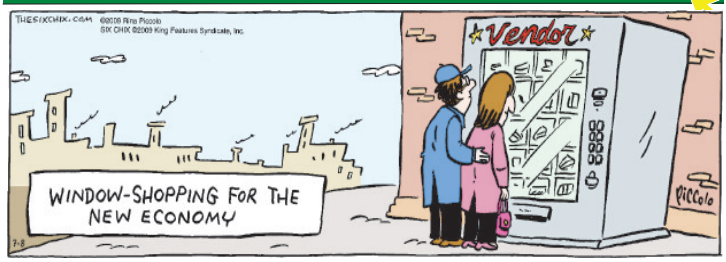

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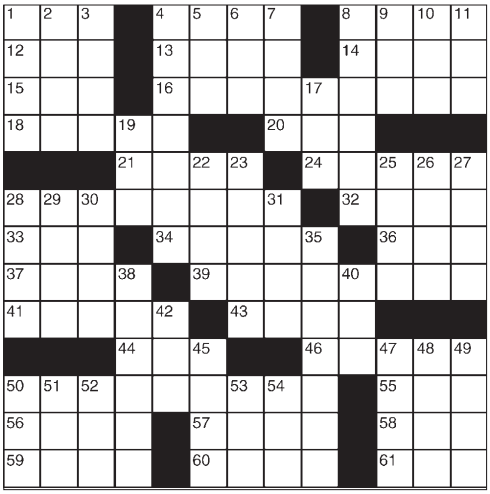
Take Five



Crossword across

1 Make up your mind
4 Syndicate boss
8 Applaud
12 Neither mate
13 On in years
14 "Clue" weapon
15 Work with
16 Excellent
18 Bundle of wheat
20 Long lunch?
21 Brat's stocking stuffer
24 Receded
28 Uneaten
32 Thy
33 Puncturing tool
34 Painter of ballerinas
36 Raw rock
37 Movie holder, once
39 PDQ
41 Abject terror
43 Rend
44 Shell game item
46 Old Christmas gift?
50 "Cheers!"
55 Debtor's letters
56 Columbus' home
57 Shakespearean villain
58 Wrestling surface
59 Ostentation
60 London neighborhood
61 Type squares

Crossword down

1 Responsibility
2 Luxurious
3 Genealogy chart
4 9 Lives product
5 Past
6 Vigor
7 Probability
8 Ill-natured
9 Despondent
10 Gorilla
11 Apiece
17 Wish undone
19 Put on a show
22 State with conviction
23 On the up-and-up
25 Benefit
26 Modern money
27 Game show host Carey
28 Fat
29 Basin accessory
30 Take off
31 Anger
35 Hair cleaner
38 Computer type
40 Give it a go
42 Volente preceder
45 Writer Kingsley
47 Frost
48 Wander
49 Shacks
50 Jazz style
51 Discoverer's call
52 Allen or Conway
53 — Paulo
54 Reaction to castor oil

Sudoku

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HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

7				4			8	2
3	2		1				5	
		1	2		8	7		
		9		8		3	4	
6			4		7			1
	3	4		1		8		
		3	6		1	9		
	1				3		6	8
9	6			5				3

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

R	O	S	A		P	A	W	N		F	O	P			
A	B	E	D		I	D	E	A		I	K	E			
F	I	N	A	N	C	I	E	R		N	I	P			
			G	I	S	T		R	U	L	E	S			
A	F	F	I	X			C	O	R	A					
C	L	I	O		S	H	O	W	I	N	G	S			
T	A	N		F	O	U	R	S		D	O	E			
S	T	E	E	R	A	G	E		M	I	E	N			
		T	R	E	K			H	O	A	R	D			
S	Q	U	A	T		G	O	O	N						
W	O	N		F	I	N	G	E	R	T	I	P			
A	P	E		U	R	A	L		O	R	C	A			
P	H	D		L	A	T	E		E	Y	E	S			

8	9	2	7	5	1	3	6	4
1	6	7	4	3	2	8	5	9
3	4	5	8	9	6	2	7	1
7	2	1	9	6	4	5	3	8
4	3	8	2	7	5	1	9	6
6	5	9	3	1	8	4	2	7
9	7	4	1	2	3	6	8	5
5	1	3	6	8	9	7	4	2
2	8	6	5	4	7	9	1	3

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Beef Balti

INGREDIENTS:
2 tbsp (25 mL) canola oil
1 medium onion
1 lb (500g) steak
1 clove garlic
1 1/2 in. (4 cm) piece fresh root ginger
1 small, fresh red chilli pepper
1 green pepper
1 red pepper
3 medium tomatoes
1/2 lemon
1 tbsp (15 mL) garam masala
1 tsp (5 mL) ground cumin
Salt

GARNISH
3 tbsp (45 mL) dried coconut, flaked or shredded

TO SERVE
4 nan breads

METHOD:
1. Preheat oven to low setting to keep beef warm later. Heat 1 tbsp (15 mL) oil in large balti pan, wok, or frying pan. Peel and thinly slice onion; fry over fairly high heat 3–4 minutes, stirring occasionally, until soft and lightly browned.
2. Meanwhile, trim excess fat from beef, then slice into very thin strips. Peel and crush garlic, then peel and grate ginger, and rinse, deseed, and chop chilli pepper. Add all to onion and cook over fairly high heat 5 minutes, stirring occasionally, until beef is lightly coloured. Remove from heat and keep warm in oven.
3. Rinse, deseed, and thinly slice peppers. Add to pan, with remaining oil, if necessary, and continue frying for 3 minutes, stirring occasionally, until softened and lightly browned.
4. Meanwhile, rinse and roughly chop tomatoes, then squeeze juice from lemon and preheat broiler.
5. Stir garam masala and cumin into frying pan and cook, stirring continuously, 1 minute. Add tomatoes, lemon juice, and some salt and simmer, stirring, 3–4 minutes. If mixture becomes dry, add little water.
6. Sprinkle nan breads with water and broil about 1 minute per side. Return beef to pan and heat through. Sprinkle with coconut and serve with nan bread. **SERVES 4**

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
This may be an emotional time for you but it's not nearly the end of the world, so keep that smile on your face; better days are just around the corner.

TAURUS ♉
APRIL 21-MAY 21
You will achieve more in the long-term if you get out and about now and meet as many new and interesting people as you can.

GEMINI ♊
MAY 22-JUNE 21
Do you have a clear purpose? Do you know what it is you want out of life? If you can answer those questions in the affirmative then success is close.

CANCER ♋
JUNE 22-JULY 22
There's no holding you back. The Sun in your birth sign endows you with enough energy and enthusiasm to reach your goals.

LEO ♌
JULY 23-AUG 23
There are no shortcuts to success – not that you were planning on taking any. Whatever you are working on you must give it your full attention.

VIRGO ♍
AUG 24-SEPT 22
Anyone who thinks you are not the sort who will rock the boat is in for a shock. You will do something today that turns heads.

LIBRA ♎
SEPT 23-OCT 23
Career matters are under excellent stars at the moment, so aim high, believe you have what it takes to succeed.

SCORPIO ♏
OCT 24-NOV 22
The Sun in one of the best areas of the heavens means you have only to ask for something for it to miraculously appear in your life.

SAGITTARIUS ♐
NOV 23-DEC 21
You enjoy a bit of pressure and that's good because you will be expected to deliver something that is well above average today.

CAPRICORN ♑
DEC 22-JAN 20
Upheavals of one sort or another appear to have become a feature of your existence in recent weeks but you really have nothing to worry about.

AQUARIUS ♒
JAN 21-FEB 18
If you push yourself just a little bit harder than usual, and if you aim just a little bit higher, you will accomplish something truly memorable today.

PISCES ♓
FEB 19-MARCH 20
Your confidence has rarely been higher, to the extent that you honestly believe all things are possible – and they are.

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This day in history

JULY 8, 1099: First Crusade: 15,000 starving Christian soldiers march in religious procession around Jerusalem as its Muslim defenders look on.
JULY 8, 1822: Chippewas turn over huge tract of land in Ontario to the United Kingdom.
JULY 8, 1889: The first issue of the Wall Street Journal is published.
JULY 8, 1892: St. John's, Newfoundland is devastated in the Great Fire of 1892.
JULY 8, 1932: The Dow Jones Industrial Average reaches its lowest level of the Great Depression, bottoming out at 41.22.

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